

Brain Chemical Evaluation

The science of brain chemistry has advanced a great deal in the last few years. Nutritional science has also made great strides in the use of amino acids to adjust and boost brain chemicals called neurotransmitters. These chemicals are responsible for such things as mood, energy, attitude towards life, happiness and many others. When these chemicals are out of balance or deficient moodiness, anxiety, depression, and loss of interest in life can be the result. The following questionnaire is designed to help us identify these potential imbalances and to determine if amino acid supplementation may be beneficial for you.

Read through these categories totaling the yes answers in each. Call our offices or advise your health care counselor of the results. Our neurotransmitter supplement may be just the thing you need.

The Serotonin Group

- It's hard for me to go to sleep
- I have difficulty staying asleep
- I often feel irritable
- My emotions often lack rationality
- I often feel worried or fearful
- I often experience negativity and or depression
- Noises bother me or seem louder than normal
- I can experience unprovoked anger
- It seems like I am more sensitive to pain
- I prefer to be alone
- I can be hyperactive

The more of these you have selected the more likely it is that your body's brain is deficient in serotonin. Drugs in the SSRI group and some antidepressants raise serotonin levels, which is why they work so well, but they do have their side effects as previously

discussed. 5HTP or 5 hydroxy tryptophan, has been shown in clinical studies to be as good if not better than prescription drugs for treating anxiety and depression because they also raise serotonin levels safely in the brain.

The GABA Group

I often feel anxious and overwhelmed I feel like I'm under constant stress

I have feelings of worry

I frequently feel edgy and have difficulty relaxing

I often feel as if there is a knot in my stomach

It's hard to turn my mind off when I want to relax

I have occasionally experienced feelings of panic for no reason at all

I often find myself using alcohol or other sedatives to try to calm down

I frequently have a craving for sugars and other carbohydrates

These symptoms indicate a deficiency or absence of GABA. This is an important neurotransmitter involved in regulating mood and mental clarity. Tranquilizers such as Xanax used to treat anxiety and panic disorders are effective because they increase GABA. We can increase GABA naturally through amino acid therapy.

The Dopamine Group

I lack pleasure in life

I feel there are no real rewards in life

I have unexplained lack of concern for others even loved ones

I am easily bored life seems to have lost all interest it seems less colorful, less flavorful, or less interesting

Things that used to bring me pleasure in life such as hobbies and other activities are no longer enjoyable

I have become a less spiritual individual

I find myself disinterested in the world around me and have become socially less concerned

Dopamine is a neurotransmitter that creates happiness and enjoyment of life such as with food, the arts, nature, your family, friends, hobbies, and any other pleasures you used to find enjoyable. In addition to the above symptoms brain fatigue, exhaustion, mental confusion, and lethargy are all symptoms of low dopamine activity.

The Norepinephrine Group

I suffer from a lack of energy

I have attention deficit disorder

I crave carbohydrates alcohol and sugars

I suffer from decreased drive

I often start projects and then never finish them

I frequently find myself wanting to sleep away the day

I feel depressed a good deal of the time

I occasionally feel even paranoid

I am bored much

When the neurotransmitter norepinephrine is deficient these are some of the many symptoms. When it is released and elevated in the brain it causes feelings of arousal, energy, and drive that can produce a return to interest in life around us.

You can contact our offices at 1-888-454-8464 or email us at askthedoc@healthyinformation.com